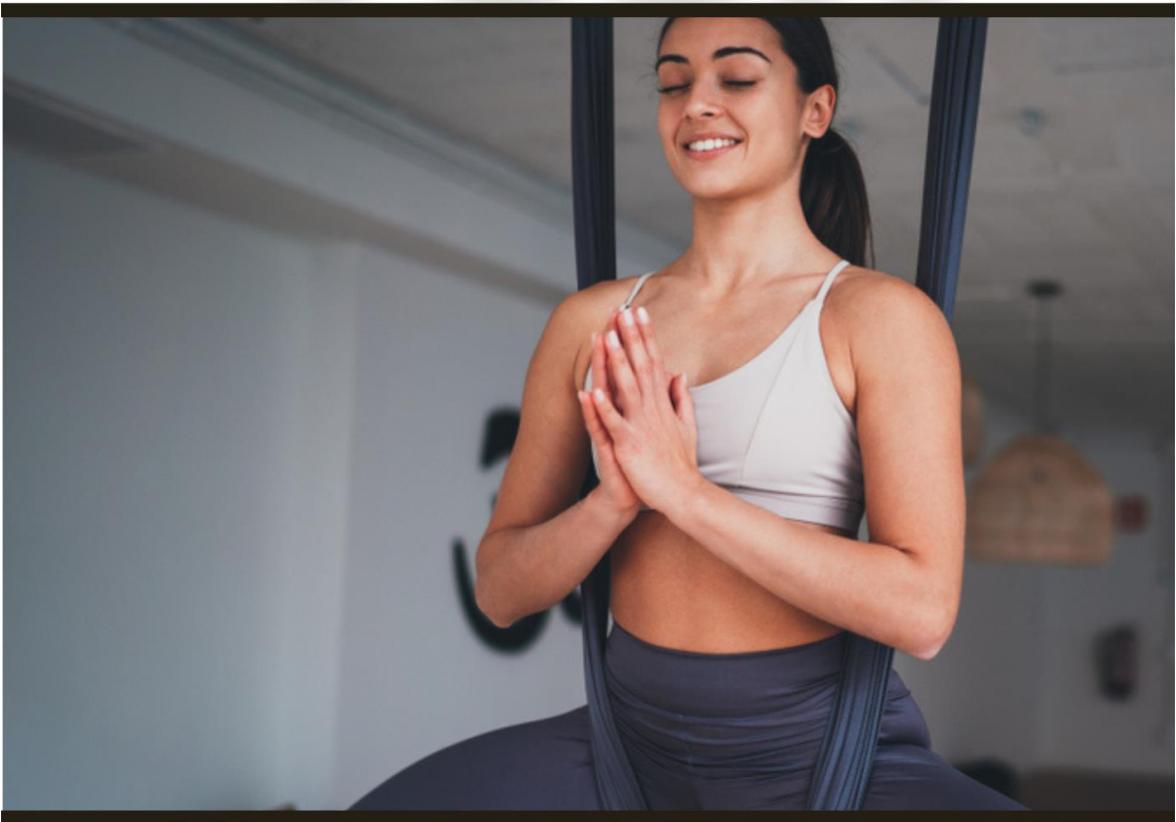

AERIAL YOGA



HOME STUDIO SETUP

ULTIMATE BUYERS GUIDE TO CREATING
YOUR PERFECT AERIAL YOGA SANCTUARY



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1st Edition

TABLE OF CONTENTS

Welcome to Gravotonics

Brief Introduction to Aerial Yoga

The Benefits of an Aerial Yoga Home Studio

Setting Up an Aerial Yoga Space

1. Room Selection & Preparation
2. Aerial Yoga Equipment:
 - Choosing the Right Yoga Swing
 - Yoga Swing Installation Tips
 - Yoga Swing Maintenance
3. Creating Your Aerial Yoga Sanctuary

Closing Remarks

Disclaimer

SPECIAL OFFER!

Welcome to Gravotonics

Hi! Thank you so much for joining our worldwide community and downloading your guide to setting up your very own aerial yoga sanctuary!!

I'm delighted you are considering your own home aerial yoga practice and would love to help you with some ideas and tips to get the best setup possible, along with recommendations on the best equipment available today.

We're experts in aerial yoga equipment because we have been hand-making the best Aerial Yoga Hammocks and Yoga Swings since 2003, nearly 20 years - and we are pioneers in the space as the original Bali manufacturers with industrial design certification.

Our passion is providing people just like you with the best aerial equipment and service in the world, so please reach out to us if you have any questions or need further resources beyond this guide.

We have plenty of resources to explore on our website at www.gravotonics.com. Throughout this guide we will link directly to articles and information on our website and blog, along with products we offer for purchase and recommendations to products that we may not stock in Bali.

So, without further ado, we hope you will enjoy your aerial yoga home setup guide!



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Brief Introduction to Aerial Yoga

Aerial yoga is a newer form of fitness that has quickly grown in popularity around the world over the past 15 years or so. Although the exact origins are a little murky, there are a few forms of aerial yoga today.

These are mainly differentiated by the style of 'hammock' or 'sling' used during the practice of asanas and the outcome one wants to achieve, ranging from “fun” swing yoga through to strict therapeutic uses.

The different forms of suspension vary from basic 'silks' and hammocks, through to advanced double hammock/swings with multiple, adjustable handles which allow you to do just about any yoga pose imaginable, all while suspended in the air!

There are [many benefits](#) to choosing aerial yoga as opposed to mat based yoga that is practiced on the floor.

It provides a sense of freedom through mixing elements of aerial arts, aerobatics, Pilates, and yoga, allowing liberating motion and exercises.

Without the restrictions of the floor, you are able to challenge your body into creating new shapes and poses that were previously not possible.

Aerial yoga promotes movement that is completely free of limitations. It can also contribute to positive health benefits such as improved digestion, balance, and better circulation.

Aerial yoga can also be a viable option for those with any mobility issues. The anti-gravity and weightlessness that a trapeze can provide, allows support for limbs where a floor workout can't. It is a safe and supportive workout for those that need additional structure or support for their body.

It is advisable that you ask a friend, loved one or carer to act as a spotter for you whilst you undertake any exercise. This will just ensure an additional level of security and safety.

If you suffer from back pain or issues with your spine, the trapeze can help to provide support for your spine and help to stretch and decompress it. This is done without any unnecessary stress on other parts of the body to compensate too.

The benefits of aerial yoga are all the same benefits of yoga done on the floor and more, including:

- Release stress and tension
- Allow the practitioner to explore the intricate details and depth of Yoga Asanas with support and relieve discomfort
- Assist, maintain postures for a longer duration without strain to work towards the desired result in practice
- To develop stamina, correct breathing and alertness
- Awaken body awareness and assist in developing perception and direction within Asanas - improving alignment
- Building strength and flexibility
- As an aid to facilitate learning and to replace the usage of other props..
- Relieve back pain and can be used as part of a rehabilitation program including [Inversion Therapy](#)

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One of the best parts of aerial yoga are the inversion poses!

While we will not be exploring inversions in this introductory guide, as it requires extensive explanation to do it correctly and safely, hanging from the hammock, inversions can help lengthen and decompress the spine, relieving back pain while increasing flexibility, strength, and endurance.

It is recommended that you continually practice using a Yoga Swing to gain understanding and confidence.



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The Benefits of an Aerial Yoga Home Studio

Without a doubt, creating an aerial yoga home studio comes with numerous benefits.

The most obvious is that you get to choose your schedule so you will have a chance to choose activities that you want and setting a schedule that works best for you, meaning you are not limited to working out during a particular time - which is usually the case with aerial yoga studios.

Let's take a closer look at some of the reasons and benefits of creating an aerial yoga swing sanctuary at home. As mentioned above, it gives you the flexibility and convenience, to practice on your own time.

Whether you want to practice in the evening, morning, before bedtime or during your lunch break, it's all up to you to decide when you want to slot in your session - whether you want your session to last for 30 minutes, five minutes, or one hour, it's all up to you!

Second, you will also cut out the time spent traveling to an outside yoga studio. Most people usually visit fitness centers early in the morning or in the evening after work. And traffic jams are quite common during these two periods. So, with your home studio, you won't waste your valuable time being stuck in traffic.

Third, having your own yoga swing studio at your home may increase your motivation to practice, meaning you will be practicing more often. And while it may sound like a cliché, practice does make perfect.

So, you will be able to progress faster, compared to enrolling for classes in a studio elsewhere.

Another reason why you should consider creating an aerial yoga home sanctuary is that you will save money. Signing up for aerial yoga classes in a yoga studio will cost you hundreds of dollars every month.

And when you factor in the cost of fuel to and from the studio and possible parking fees, these costs can add up quite fast. But when you have your own studio at home, you don't have to spend money on classes, fuel or so on and can then invest this money into other areas of your life.

With a yoga studio at home, you will be enjoying all the benefits that come with yoga swing workouts, without having to spend thousands of dollars every month.

You will have a chance to practice, rejuvenate, relax and reflect, without having to spend thousands of dollars or traveling outside your city or country.



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Setting Up an Aerial Yoga Space

In this section, we will take you through a couple of tips that will help you to create the perfect aerial yoga studio at home.

Whether you are a seasoned yogi or a beginner, investing your time and money in creating an at-home aerial yoga swing studio will be worth it.

With a home studio, you will be more relaxed and more comfortable practicing. As a result, your sessions will be more enjoyable and productive.

So, how do you create an aerial yoga studio at home?

Below we will walk you through some tips that will help you to create a simple, relaxing, and inexpensive yoga swing studio at your home.

Room Selection & Preparation

When it comes to setting up an aerial yoga studio at home, you need to ensure you have the proper room. In fact, it's one of the most important considerations when setting up.

An aerial yoga home studio should be quiet, peaceful, relaxing and rejuvenating. Therefore, when you are creating your sanctuary at home, you will need to choose a room that can help you accomplish the above.

So, which type of room do you need when setting up an aerial yoga home studio?

Should Have Adequate Space

The room should be spacious enough so that you can comfortably install your aerial yoga swing.

Even if you intend to create a small, aerial yoga home studio, the room that you choose should have adequate space to hang your antigravity yoga swings.

The ceiling should be standard height or higher to give adequate room to do the full range of poses, particularly where flips and inversions are involved.

Aerial Hammocks and Yoga swings when installed correctly measure approximately 1 meter between each attachment point in the ceiling.

Also, it should have extra space around the yoga swing to extend your legs and arms as you do the various poses, and it should have some additional space for additional essentials. Hence, the room that you choose should have a minimum distance of 1.5 meters and an optimum distance of about three meters in all directions from the center point.

Another consideration is whether you will be using a freestanding aerial frame, in which case you will need to accommodate that into the space.

Of course you can always opt for an outdoor space and set up under an exposed beam or tree branch or outdoor aerial frame, however we will not be exploring this option in this setup guide.

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Strong Ceiling

If you will be hanging your yoga swings from the ceiling, then you need to ensure the room you've selected has a sturdy enough, to ensure it can support your body weight when you are doing the various poses.

But, if you've found a room that meets all the size requirements but the ceiling is not sturdy enough, you can opt to use a yoga swing stand to hang your yoga swings which we will discuss later.

Proper Flooring

Besides having a strong ceiling with adequate height, the room you choose for your aerial yoga home studio should have proper flooring. If possible it should have hardwood floors.

The reason why you should choose a room that has a hardwood floor is that it will help to absorb the shock generated from your movements. Also, a room with a hardwood floor will provide a non-slip base if you are using a mat and especially when you are doing poses that involve planting your feet firmly on the ground.

If you are going to be using a portable frame, you want to make sure that the stand legs have cushioned feet to avoid scuffing or gouging the timber or varnish.

Proper Ventilation

As much as aerial yoga is considered a low-impact physical activity, there's a chance you will end up sweating after doing some poses. Hence, you need to choose a well-ventilated room.

To this end, if possible, your room should have a window, so that it can bring in natural light and fresh air, and set up your rig close by.

For added comfort ensure the room you choose has adequate space for the installation of a fan, which will come in handy during those sweltering summer days or after an intense yoga swing workout.

Should Be Quiet

Last but not least, the room that you choose to set up your aerial yoga home studio also needs to be quiet and private.

Ideally, it should be away from the main living areas of your house so that no one interrupts when you are in the middle of a pose.

Also, it should be free from any distractions like phones or doorbells. In case it's not possible to install a door and close it off, you should consider purchasing a room divider or a screen as an alternative.



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Aerial Yoga Equipment

Once you've identified the right room for setting up your aerial home studio, it's now time to outfit it with the essential equipment needed for your antigravity yoga practice.

If you are a beginner, having the right yoga equipment will help to make you more confident and comfortable, and if you are an advanced aerial yogist, the right gear will help to safely deepen your practice, thus allowing you to do more advanced yoga swing poses.

The question is, what type of equipment should you purchase for yoga swing workouts at home?

Well, this guide has the answers. In the following chapter, we will walk you through all the essentials that you need in order to practice aerial yoga at home. With that said, let's jump right in.

The aerial yoga equipment needed for your aerial yoga home studio setup includes:

Aerial Hammock or Yoga Swing (Yoga Trapeze)

An [Aerial Yoga Hammock](#) or [Yoga Swing](#) is the main piece of equipment when it comes to practicing aerial yoga and they are a great way of taking your love of yoga to the next level - Or if you are interested in aerial acrobatics, but want a safe and easy environment to practice in.

For the hammock or swing, you have several options to explore, and we will cover what to look for and how to choose the best hammock or swing a little later.

Aerial hammocks are generally made from either ripstop Parachute Nylon or Teslon Nylon and may or may not come with all the required parts for ceiling installation.

Make sure that you pay particular care and attention to how to properly install and hang your equipment before testing it out yourself. We recommend you hire someone who specializes in installation to do the rigging for you if you are unsure about it all.

If you have any questions or queries about our aerial hammocks or yoga swings, [contact us directly!](#)

We would love to hear from you!

Yoga Mat / Aerial Crash Mat

You should also consider investing in an aerial yoga mat, whether you are an experienced aerial yogi or a beginner. Whenever you are doing yoga swing workouts, there's always the risk of slipping and falling, and if you happen to fall from a considerable height, you may end up with serious injuries.

An aerial yoga mat will provide the necessary cushioning or act as a shock absorber during falls and will reduce the impact the floor will have on your body, thus preventing serious injuries.

Antigravity yoga mats are available in different types, designs and models. You simply need to choose one that aligns with your budget and preferences.

Besides helping to prevent injuries, a crash mat will also give you the confidence to try out different types of aerial yoga swing poses, thus helping you to acquire skills faster.

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It's highly advisable to go for a folding panel mat. It's thick enough to provide adequate cushioning in case you fall, and it will not interfere with your workouts, especially when you are doing floor-based work.

However, any thick roll up yoga mat will do! We prefer cork mats or any eco-friendly type such as Jute. We recommend the [Anja brand yoga mat](#), which you can read about on our site.

Aerial Yoga Blocks

Another essential piece of equipment that you should purchase for your aerial yoga home studio are yoga blocks. A [yoga block](#) will help to raise the floor and bring it closer to your body. In short, it will act as if it's your arms' extension.

Executing certain yoga swing poses and movements can prove to be a challenge when you are new to aerial yoga since your body is not yet flexible enough. And this is where yoga blocks come in.

Yoga blocks are available in different types, shapes and sizes. Made of wood, latex, bamboo, cork or other sturdy materials, yoga blocks will come in handy to facilitate the poses that involve placing your hands on the floor, such as the downward-facing dog.

For example, when you are doing the downward-facing dog, you may struggle to keep your legs straight and touch the floor at the same time. But when you place a block on the floor, it will ease the strain on your legs, thus making it easier to complete this yoga hammock pose.

Also, aerial yoga blocks can provide additional support for tight knees, lower back and hips, thus helping to minimize injury. For instance, when doing the reclining hero pose aerial, you may feel some sensation in your knees. By sitting on a block, this unpleasant sensational feeling will be significantly reduced.

A simple Google search will give you several results, from there, you can choose one that aligns with your needs, budget and personal preferences. This is the [range of blocks](#) we recommend.

Portable Heater

This is pretty self-explanatory, you will be using this heater to warm up your yoga studio just before you begin your sessions and to keep the room at a consistent temperature throughout. Especially if you live in an area that experiences extremely cold winters, then you should consider buying a portable heater.

Portable Fan

Some antigravity yoga movements can produce a lot of heat and sweating, thus making you uncomfortable. And this is where an air fan will come in. Unless you really prefer "hot yoga" styles, a fan will help to cool your yoga space, leaving you feeling more comfortable.

Stereo System / Bluetooth Speaker

You should also consider investing in a stereo system or at a minimum, a portable Bluetooth speaker.

You can then use this speaker to listen to inspirational music or podcasts during your aerial yoga swing practice sessions.

Additional Supplies

Apart from the above main essentials, you may also need some additional supplies, to make your aerial yoga home workout more enjoyable. Some of the additional supplies that you may need include:

Yoga Clothes

Yoga swing poses involve plenty of movement, so you will need to have the right outfit.

So, what type of [Yoga Clothing](#) should you wear during your yoga hammock workouts?

Well, you don't need fancy or complicated clothing. If you are a woman, yoga pants and yoga sports bras are enough to do the job. And if you are a man, you can simply opt for close-fitting shirts and yoga pants. You can also opt for workout leggings, depending on your preferences.

However, make sure that the fabric that you choose dries quickly and can wick away sweat and moisture. If possible, you should avoid cotton clothing, although good for your skin, and go for hemp or bamboo materials. And most importantly, wear what you are most comfortable with.

Hand Grip Spray

There's a high chance you will end up sweating when doing various movements on the yoga swing. And if your palms are sweaty, you may lose some of your grip.

And while wiping your hands with a towel can help to minimize this issue, you should consider enhancing your grip using hand [Grip Spray](#).

So, even if your palms sweat, this spray will help to provide a better grip on yoga swing or aerial hammock. And as a result, you can do your workouts with confidence, without worrying about losing your grip.

Foam Roller

If you occasionally experience tense or tight muscles, then a [Foam Roller](#) should be part of your yoga swing home workout gear. A foam roller will help to massage your muscles, thus releasing the tension, especially before you begin your sessions and are helpful afterwards or as a general maintenance practice.

Foam rollers are available in a wide range of sizes and shapes. Hence, you simply need to choose one that aligns with your body size, budget and massage preferences. Here is one we suggest you take a look at.

Aerial Yoga Instructional Videos

If you are starting your aerial yoga journey, you will need some guidance when it comes to executing various poses.

However, since you will be doing your yoga swing workouts at home, you don't have access to an aerial yoga instructor, who may provide you with this guidance.

We always recommend attending classes for some time before going it alone, but regardless, this shouldn't stop you from your home practice.

There are dozens of [aerial yoga videos on YouTube](#), which can provide you with this guidance. And, these videos are available for different levels.

However, you can find various high quality videos online as well which you can purchase and download to watch as you do your antigravity yoga workouts at home. These videos provide step-by-step guidance for doing various poses.

We have recently filmed an amazing full length [Aerial Yoga Flow Video](#) with renowned instructor Marc Cross, the founder of The Hang Out Yoga, London. You can download that and watch at your leisure.

Aerial Yoga Books

Besides watching videos, it will also be highly advisable to read aerial yoga books and articles.

The information contained in these books will help you to learn more about how to position or align your body properly in various poses. We offer a [33 page Yoga Swing Manual](#) with every hammock or swing purchase which is great to get you swinging.

Depending on the book, they may also teach you the foundations of aerial yoga, aerial yoga philosophy as well as meditation.

And when it comes to aerial yoga books, your options are almost endless. A simple search on Google will give you dozens of results. Some of the books may be free while others may come with a price tag.

We also offer a companion guide alongside our aerial yoga flow video download, which walks you through each pose in detail.

While some of these books may set you back a few dollars, the investment will be worth the money.

Lastly, I'd like to mention that we have a FREE [Aerial Yoga Pose Gallery](#) with a heap of pictures!

Now that we have covered the essential gear you will need to get started with your practice at home, read on to discover more. First we will go through how to choose the best aerial hammock or yoga swing.



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Choosing the Right Yoga Swing

Are you looking at what the best options available for aerial hammocks and yoga swings are right now?

Well, look no further!

This chapter will give you all the advice you need to sort through all the different options available to you.

Whether you're just starting with aerial yoga or not, finding the best equipment can often prove something of a challenge and the importance of buying the right yoga hammock or yoga swing shouldn't be overlooked!

Ensuring that you buy the right yoga trapeze for you is integral to how effective your yoga poses and yoga work out will be. Make sure you have all the right information on the products available to choose the right swing for you.

First of all, there's the question of figuring out exactly what you need from an often bewildering range of options. It's easy to think that all aerial rigs are basically the same until you set out to buy your first one!

Secondly, once you know what you're looking for, you have to find it. There are two absolutely critical considerations to take into account before you purchase. These are:

Safety - safety is the number one rule when buying aerial equipment to protect users from injuries, particularly when you will be hanging upside down from a height.

Would you want to be hanging upside down and be dependent upon a cheap hook or carabiner?

Quality - quality surpasses costs when it comes to aerial equipment and should withstand a high degree of wear and tear following consistent use.

There are so many swings on offer now, but have you considered the critical issues of quality and safety when purchasing?

As you know, you will be relying on your aerial yoga swings to support your entire body weight. Therefore, you must purchase high-quality gear that can comfortably support you when you are hanging on yoga swings and help you to perform your poses safely.

You don't want to be pinching pennies when it comes to aerial equipment that requires stability, safety and quality construction because you need to trust it when you are suspended above the ground, especially with inverted poses.

Now let's look into this further to help you ascertain what you will be searching for.

1. Size of hammock: Yoga hammocks are available in different sizes, with the most common size being 8 feet by 5 feet. However, you are not limited to this size alone. You can purchase a smaller one or a bigger one depending on where you will be hanging the hammock, your body size and the style of aerial you will be practicing.

2. Weight capacity: Whether you intend to attach your yoga trapeze on a doorframe or ceiling, it's always important to check its weight limit. Most hammocks can support an average load of 200 to 600 pounds.

Most will be more than adequate for aerial yoga, however if you intend to be performing tandem poses with your partner on the same hammock/swing, then you should go for one that can support that load accordingly.

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3. Type of device: This simply comes down to whether you want just the basic aerial hammock with no bells and whistles, or whether you want full featured yoga swings, which come in a few different designs.

For instance, yoga swings are equipped with padded foam handles, which you can use to perform a wide range of poses, and make it much easier to maneuver throughout your session. Some even have foot pads too, however the foam handles work just as good for your feet and so it's completely up to you.

4. Material: Most aerial hammocks are made of Teslon nylon, which is has a little stretch to it and is generally a little bulkier than the other common type made from highly durable and sturdy parachute-grade nylon material.

This goes for yoga swings also, they're generally made using the parachute material which is ideal for all kinds of aerial practice.

While you may come across some cheaper options online, remember you will be relying on this hammock to support your body weight when you are suspended in the air. So, if you choose a low-quality hammock, it may end up falling apart and injuring you.

5. Ease of installation: If you are a beginner, then you should choose equipment that is easy to install.

The great thing about these devices is that they are easily transportable and can be placed into a small backpack for you to take it with you wherever you go. It can be a permanent fixture in your home as well as used to hang on a tree branch or exposed beam in a gym.

Before you go ahead to buy an aerial hammock or yoga swing, make sure you keep these factors in mind. But most importantly, buy the best yoga swing equipment that your money can afford.

Gravotonics Bali Yoga Swing



It can be a little daunting to choose the right yoga swing, with so many options available online, so we are just going to [introduce you to the original and best Bali Yoga Swing](#) here and point out some of the things that sets Gravotonics above the rest.

When purchasing online, you cannot really test it to see what the quality will be like, that is why it is so important to purchase from a reputable manufacturer.

We recommend researching the credentials of your supplier, their experience and expertise when choosing aerial equipment.

Our yoga swings have been handmade in our workshop in Bali since 2003, by loyal and passionate crafters, and produced ethically and conscientiously. We support fair trade ideals!

We supply some of the biggest fitness brands and yoga studios around the world and have manufactured 10s of thousands of yoga swings over the nearly 20 years in business.

Gravotonics offer a **10 Year Warranty** on faulty work and/or materials.

However we have never had one swing returned due to fault in 19 years – this is something we are very proud of and we stand by our safety and quality record and will never compromise this!

With the popularity of aerial yoga growing around the world, it has brought with it many cheap manufacturers, all claiming to have the best yoga swings and aerial hammocks in the marketplace.

However it is easy to be a copycat in today's world, and you need to be sure you are getting the highest quality for your peace of mind.

Stay away from slick marketing and definitely avoid the “cheapo” ones! We have never and will never consider having ours mass produced elsewhere in the world to cut costs and become more cost competitive.

Hand-Made vs. Mass Production - When referring to mass produced aerial hammocks we generally see the inferior materials and manufacturing quality, let alone loose threads/ends and raw edges on the seams.

Gravotonics is prime example of quality using only the best 100% rip-stop nylon parachute fabric, which is extremely tear-resistant, stretch-resistant and colorfast, and you will not experience any mildew or rotting.

ALL the seams are triple stitched with the best quality threading, and finished to our highest standards.

Our aerial hammocks and yoga swings are super strong, easily supporting 160kgs (350 lbs), and each one is subject to a rigorous quality control inspection before we approve it.

Many of our customers have had their equipment for years and years which attests to the fact that the fabric we use is strong, light weight and durable.

Likewise, this goes for the **fittings and finishing touches** as well. We use specially made high tensile 6mm stainless steel hooks for stability and safety. These are strong, unlike the cheap aluminum carabiners that many rigs come with these days.

Often with the swings you find, the plastic tubing and foam coverings on the grips are also rough and may result in injury when used.

So be sure to choose one where the plastic tubing has been finished to remove the rough edges and the foam is rounded off for neatness and comfort.

Our aerial hammocks and yoga swings can also be designed in a range of colors, from single to dual color combinations to suit your preferences.

Easy Maintenance - It is far more practical to have a Machine Washable product like the Gravotonics equipment which dries fast, particularly when it is a piece of exercise equipment which will get perspired on and dirty.

Also, if holding classes and having the yoga swing in studios, you'll want to be able to wash them quickly and easily, not have to hand wash them.

We'll discuss some cleaning and maintenance tips further on below.

Practicality & Portability

Another benefit of the parachute fabric is that it is extremely breathable and lighter in weight.

The versatility of the design is ideal for a user that wants a range of activities that can be performed with the same swing as it can be used every day for a variety of different exercises and challenges.

This design is the original yoga swing and perfect if you want to perform either aerial yoga, suspension training, or inversion therapy.

Best thing with the swing is the ability to use the saddle as a hammock simply by removing the handles!

The basic hammock is ideal for aerial yoga, strengthening and stretching workouts, or inverting. However if you don't fancy a workout you can also just use it to relax in. Perhaps get yourself a good book and a pot of herbal tea and that's an afternoon well spent!

This yoga hammock provides maximum levels of support and comfort to the user. If you have any sensitive parts of your body or suffer from any mobility problems this could be a great option for you.

This is because the design has no pressure points and helps with posture and pain relief. It can also help to decompress the spine.

Many swings are “over made” and not very practical in their applications and uses.

There are lots of extras that are unnecessary, such as bulky, padded foot holds which are not able to be used as hand holds making them impractical.

Yoga Swings with all the attachments and extras makes it very large and therefore losing its portability, and many people want to use their yoga swings in the park or carry it with them but these products are far too large and weighty.

It can be a permanent fixture in your home as well as used to hang on a tree branch or exposed beam in a gym, however with many yoga swings, it's quite difficult to adjust the height of the saddle or handles, therefore limiting the use of the swing and making it impractical for floor work and inversions.

Again ours are extremely easy to adjust at different points and we supply our own daisy chain straps for added adjustability and functionality.



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Yoga Swing Installation Tips

Please Note: You may need to hire a professional rigger/structural engineer etc. to help you install your device depending on your ceiling type. While you can do it by yourself, hiring an expert will ensure the installation is properly done, so that you will be working out safely.

We cannot guarantee your installation.

For full installation guidance visit here: <https://gravotonics.com/swing-info/yoga-swing-installation-guide/>

Yoga Swings Rigging Guide

If you are planning to create an aerial yoga set-up at your house, then apart from purchasing the best anti-gravity yoga equipment that you can, you also need to ensure that the swings and hammocks are properly installed to ensure safety.

So, how do you install yoga swings safely at home?

Well, the process is not as complicated as it appears. In this chapter, we will provide you with some tips that will help when installing aerial yoga swings at home, to ensure they are secure and safe.

Ensure you have enough space: As mentioned earlier, space availability is vital when making a home aerial yoga studio.

There are certain horizontal and vertical space requirements that you should follow, to make sure you have free and unobstructed space to do your workouts. First, you will need a minimum of 2 meters in height, to suspend your yoga swings.

Second, you will require a minimum of 2-meter radius horizontal space, from the anchor point. In case you fall out of your yoga hammocks, then you will not be injured.

Also, you will need some space for your crash mat if you decide to purchase one, as they are quite large, meaning you will require ample space and also have a place to store them in your house when not in use.

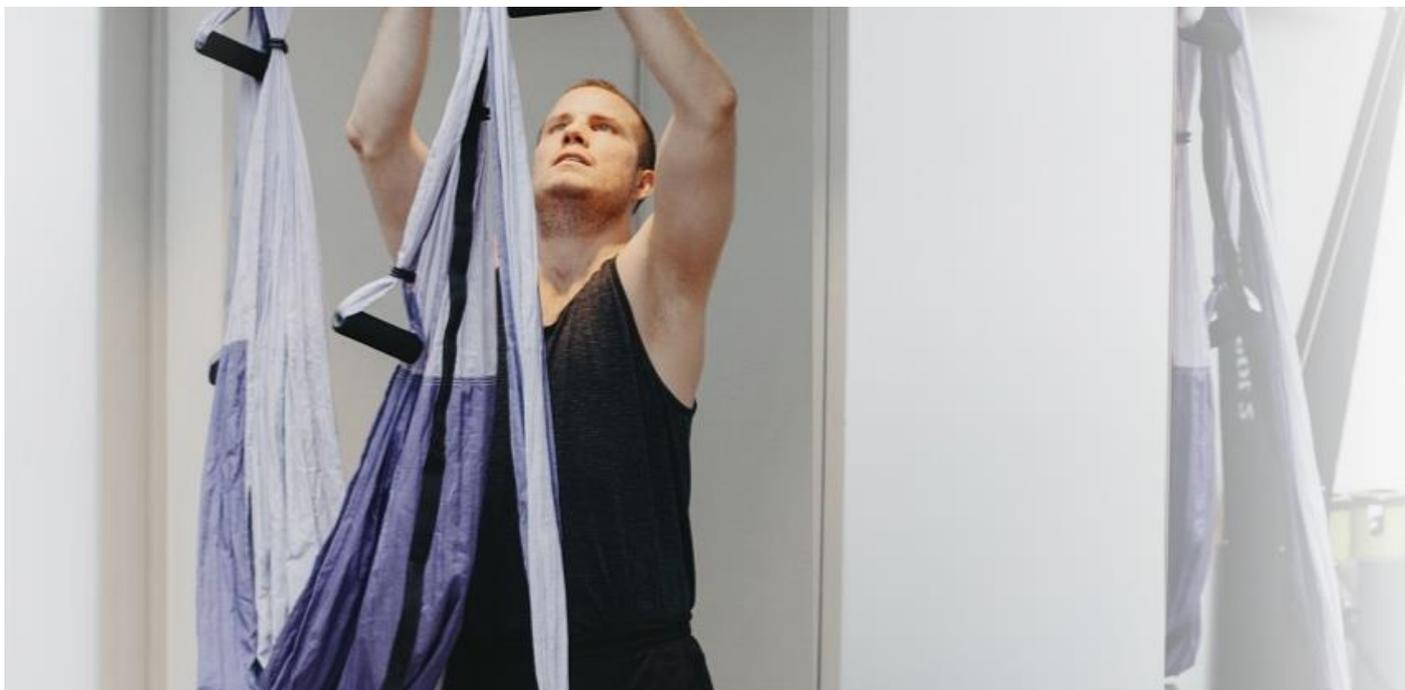
Choose the rigging carefully: The rigging configuration is without a doubt, the most important part of your aerial yoga swing installation. So, it's important to choose a configuration that can comfortably support your weight, without damaging the anchor points.

When it comes to rigging your inversion slings, you need to choose an anchor point that can support a weight load of at least 1000kg.

Also, it's highly advisable to consult a certified rigger on how to mount yoga swings. The rigger will help you to choose a point that can comfortably handle the shock load created by your drops and movements. It's important to note that installing hanging yoga trapeze in your house can affect your insurance.

Therefore, ensure you do some research prior to installing it.

Follow safety precautions always: If you intend to install aerial yoga rigs in your house, then it's important to follow safety precautions always. If you fail to follow safety precautions, you may end up with injuries. Be sure to briefly check over your yoga swing and installation before any session, to ensure it's safe to use.



Equipment Needed

When it's time to create an aerial yoga set up in your house, you will have numerous options to consider. Let's take a closer look at some of the available options so that you can choose the setup that works best.

Doorframe bars: [Door-frame bars or Pull-up bars](#) provide one of the easiest and fastest means of hanging yoga trapeze at home. It's also quite common, and what makes it such a popular option is that you don't need a professional to help install them.

And you will be done within ten minutes or even less. So, if you are looking for a simple, fast and convenient means of installing yoga swings at home, then doorframe bars provide the best option.

Freestanding yoga swing stand: In simple terms, a freestanding or portable yoga swing stand is a frame designed to support yoga swings. These stands are normally made of top-quality and durable aluminum, stainless steel or magnesium alloys, thus making them ideal for supporting heavy loads.

While these frames tend to be more expensive than the other rigging options, they are the most versatile. Unlike doorframe bars, you can use yoga swing stands indoors or outdoors, depending on where you want to work out, as long as the ground is suitable.

We offer two kinds of aerial yoga frames, [one portable](#) to use and foldaway when not in use, and another more [permanent frame](#) for a dedicated aerial yoga space.

Ceiling mounts/hooks: [Ceiling mounts](#) also provide another affordable, simple and fast means of hanging your anti-gravity yoga swings at home. But before you install the hooks, you will first need to identify a strong and sturdy area of the ceiling where you can attach the hooks.

As much as this rigging method may need some handy skills, it provides a reliable, long-term solution for doing aerial yoga at home.

Whether you opt for doorframe bars, ceiling hooks or freestanding yoga swing stands, the choice will come down to the option that suits your space, budget, personal preferences and available anchor points.

Yoga Swing Accessories

After installing yoga swings at home, you will need some additional pieces, bits and accessories, to make your workouts practical and even more comfortable.

Here are some additional accessories that you may need to extend your rigging:

Carabiners: Carabiners are optional yoga swing rigging. You can use them to attach the different parts of your rigging. We make our hammocks and swings with 6mm stainless steel s-hooks, which are generally stronger, as safe, but easier and quicker to use, especially when adjusting height during asana.

A lot of aerial hammocks and yoga swings on the market today come with carabiners. Just be sure they are not cheap and flimsy. We recommend you opt to purchase them separately to make sure you get [climbing-grade Carabiners](#) which we also offer on our store.

Daisy Chain Extension Straps: [Daisy Chains](#) are essential to your setup because this is how you will connect your yoga swing to the rigging setup and allow you to change heights for all the different poses you will be performing. All our Yoga Swings and Aerial Hammocks come with a set of straps included!

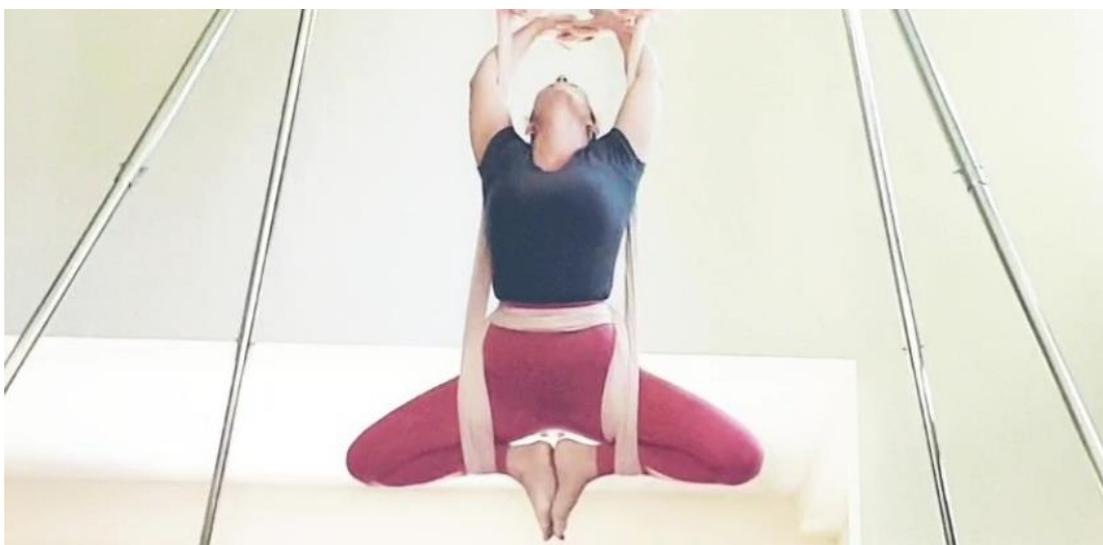
Also, as their name indicates, extension straps are mainly used to make yoga hammock swings longer. If your yoga swing is too high up the ceiling, then you can use these extension straps to lower it a bit to a level you are comfortable with.

Suspension Devices: If you only have the option for a single point to anchor your rig, then you may need to consider spring suspension rigging or also known as a [Trapeze Bar](#).

This is where the bar is attached to one hook above from the center, and the hammock is attached at two points at either end of the bar itself. Best for advanced aerial yogists.

Bearing Swing Swivel: A [Swing Swivel](#) is designed to help aerialists swivel or rotate from a single point. Bear plates are mainly meant for advanced aerial yogists and can only be used in conjunction with the trapeze bar type setup we mentioned above.

We really hope this provides a good overview to help you to install your yoga swing!



Yoga Swing Maintenance

Cleaning and maintaining your yoga swing will not only ensure that it serves you for many years but also gives you the confidence that it is safe to use.

You can easily clean your yoga swings at home using a front loading washing machine and gentle fabric detergent.

In addition to this, taking care of the swing on a day to day basis and spraying with a little bit of anti-viral can also contribute to its cleanliness and longevity.

For a full guide on this, please visit our article here: <https://gravotonics.com/yoga-swing-maintenance/>



Creating Your Aerial Yoga Sanctuary

By now, you've already purchased and installed the necessary pieces of equipment for your aerial yoga home studio. And, your at-home yoga studio is almost ready.

However, it needs one final touch, which is adding a few items, to ensure it's a real sanctuary.

Some of the items that you can add to your aerial yoga home studio to make it your own sanctuary include:

Proper Lighting

Lighting can have a considerable effect on your mood. If your aerial yoga home studio has the right brightness and optimal color temperature, you will be more alert, focused and creative.

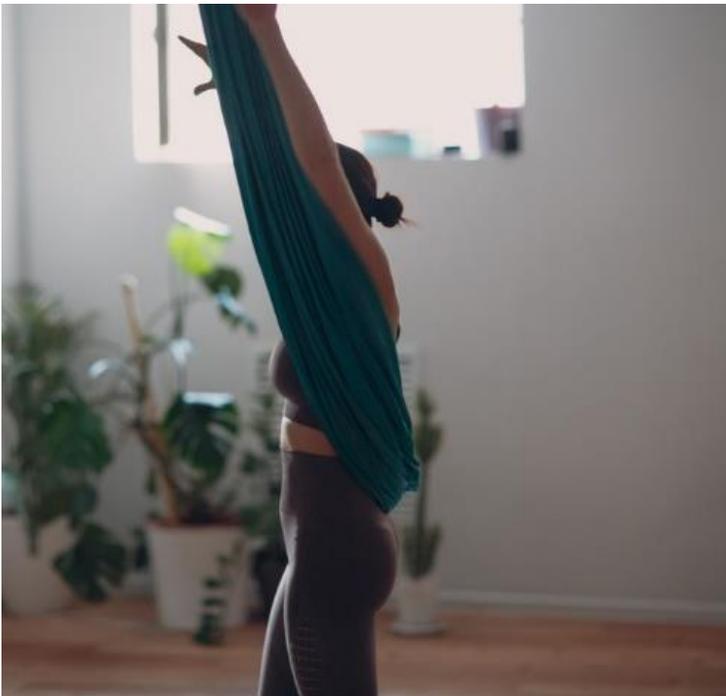
On the other hand, if the light is too bright, you may end up with headaches, fatigue and migraines.

And natural lighting provides the best solution. However, if the windows in the room you will be practicing are too small or you intend to be doing your aerial yoga workout sessions at night, then you can simply artificial lighting.

If possible, choose a lighting solution that has a dimmer, so that you can control the amount of brightness.

Alternatively, you can opt for lanterns and candles. Besides helping to provide dim lighting for your aerial yoga home sanctuary, lanterns, salt lamps and candles also smell great, thus helping purify your space while creating a relaxing environment.

House Plants



Besides helping to create an element of nature in your aerial yoga home studio, plants can also reduce the level of carbon dioxide in the air while increasing oxygen levels.

Furthermore, tending to these indoor plants can help to create an element of relaxation, mindfulness as well as peace of mind.

Also, they can help to trap and reduce airborne dust that may be present inside your room.

As a result, they play a vital role in purifying the air, thus helping to create a cleansed and calm atmosphere for your aerial yoga at home practice.

On that note, it may actually be beneficial to use a portable air purifier in your room as well.

So, it will be a great idea to add some houseplants to your space. When choosing houseplants, you should go for those varieties that can cope well with the amount of light in that space.

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Some of the varieties to consider include ferns, cacti, snake plants, succulents, and spider plants. These varieties require minimal care, making them an ideal choice for someone who doesn't have a green thumb.

Music

Music can help to block out external noise, thus helping you to focus on your antigravity yoga practice.

Furthermore, music can also help to elevate your mood, distract you from fatigue and pain, and increase your endurance, making your sessions more productive.

So, you should also consider adding music set up to your aerial yoga swing home studio. Once you've installed a music setup, you can then be downloading playlists from music streaming platforms.

The playlists that you will be downloading will depend on whether you want a relaxed or intense workout session.

Mirrors

Consider adding mirrors to your yoga swing home studio. Mirrors will help you to check whether you are executing your poses or postures the right way.

This is crucial to help enhance your skills and prevent injuries.

Furthermore, mirrors will also help to make your yoga home studio bigger than it is while brightening it.

Hence, mirrors will play both a functional and aesthetic role, making them a great addition to your aerial yoga home sanctuary.

Crystals

A yoga studio is not complete without the beauty and energy of crystals. And this should also apply to your home studio. So, what type of crystals should you add to your sanctuary?

Well, it will depend on your personality or the type of environment that you intend to create.

For instance, amethyst promotes patience and stability while rose quartz is associated with self-love and compassion. Jade creates an element of serenity and peace while citrine promotes abundance and prosperity.

So, the type of crystals that you will choose will depend on the type of energy, mood or focus that you want to amplify. Whatever you do, go out and choose some crystals to uplift your space today!

Art & Décor

Likewise with crystals, perhaps you will want to add some beautiful, calming or inspiring art to the walls, or along some shelving, such as paintings, sculptures, salt lamps, singing bowls and so on.

Just be sure they are well out of the way of your workout space so as not to get tangled up in them!

Scents

Last but not least, scents will also go a long way in helping to create a serene, tranquil, relaxed and calm environment. So, you should consider lighting some incense or scented candles, or adding essential oil diffusers in your home studio.

However, don't overdo it. Too excessive smoke and scents can affect your breathing, making it hard to enjoy a productive session.

We recommend using electronic aroma diffusers, which essentially atomizes water and disperses the vapor, carrying whatever scented essential oils you may add throughout the room.

Experiment with a few scents and then choose the combination that works best for you.



Wrapping It Up

If you love aerial yoga, installing yoga swings at home will provide you with a convenient means of performing your favorite poses.

A home aerial yoga sanctuary offers almost the same benefits that you will get from a yoga studio. But, it comes with the additional benefit of not having to spend your time and money commuting to a studio out of the house.

It also provides a level of flexibility and convenience that you can't get from a studio. And as you can see, creating one is not as challenging as it may appear. We hope the tips we've shared in this guide will help you to come up with the perfect aerial yoga home studio.

As you can see, you don't need thousands of dollars to start doing yoga swing workouts at home. You simply need to put together some basic essentials like the ones we've listed in this guide, and you can begin your practice right away.

All the best!

From us all at Gravotonics.



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The Gravotonics Yoga Swing & Aerial Fitness System is the most complete, restorative, strength building, exercise programme available, and is built around an extremely versatile, adjustable and comfortable swing, enabling you to achieve **any asana imaginable**.

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